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Probiotic Lemonade Recipe

 Katie - Wellness Mama  191 Comments  Updated: March 2, 2018  This post contains affiliate links

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How to Make Probiotic Lemonade

I'm a big fan of [water kefir](#) and [kombucha](#) for their probiotics and beneficial enzymes. They do require specific cultures though (I use [these water kefir grains](#) and [this kombucha SCOBY](#)) so if you don't happen to have a [SCOBY](#) sitting around your kitchen, you are pretty much out of luck.

Luckily, there is an easy lacto-fermented drink that you can make with basic ingredients from your [grocery](#) store, and your kids will probably even drink it!





I made probiotic lemonade recently and it was wonderful! It is very easy to make and is ready in just a couple of days. If you don't have the water kefir grains or kombucha starter to try those drinks... make a batch of this to try today!



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Probiotic Lemonade Recipe

prep: 5 mins

total: 5 mins

author: wellness mama



yield: 8 +

A fizzy and tangy fermented lemonade that has a boost of probiotics.

Ingredients

- $\frac{3}{4}$ cup [sugar](#) or sucanat
- 2½ to 3 quarts filtered water
- 10 lemons or limes, juiced to make about 1 cup
- 1 cup whey ([here's how to make it](#))

Instructions

1. In a gallon size glass jar, stir together sugar and just enough hot water to dissolve the sugar.
2. Add lemon juice and fill the jar about $\frac{3}{4}$ full with filtered water.
3. Make sure the liquid is at room temp and add the whey.
4. Cover tightly and let sit on the counter for 2-3 days.
5. After 2-3 days, keep in refrigerator and drink 4-6 ounces per day. The flavor will continue to develop.
6. Since the sugar ferments out, it is rather tart. Add a couple drops of [stevia](#) if it is too tart for you!

Notes

You can add about 1 teaspoon of molasses to the sugar before dissolving to add extra minerals and a bit more sweetness.

Blending the final product with ice cubes will make a delicious slushie (or margarita if you're using limes!).

courses: drink



Like this recipe? Check out my new cookbook, or get all my recipes (over 500!) in a personalized weekly meal planner here!

Some notes:

- Lemons or limes can be used, or a mixture
- You can add about 1 tsp of molasses to the sugar before dissolving to add extra minerals and make a slightly sweeter taste
- Blending this with ice cubes make a delicious slushie (or margarita if using limes!)

Feeling adventurous? Will you try this healthy drink? Tell me below!



homemade AND naturally-sweetened **PROBIOTIC LEMONADE**



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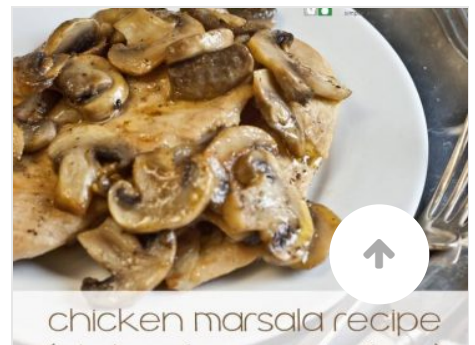
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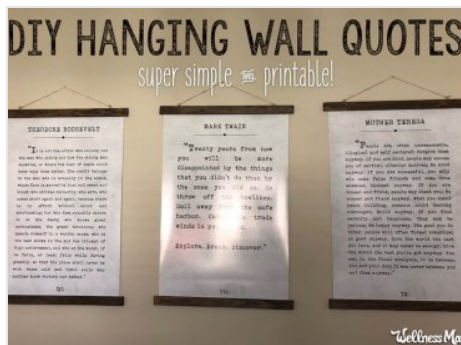
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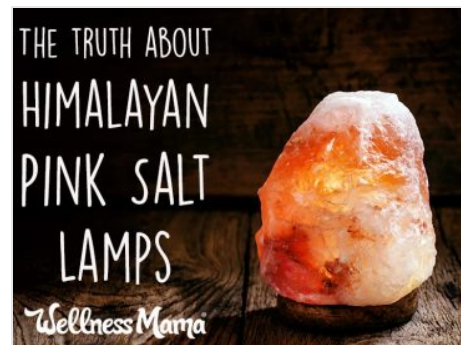




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